



Family Resource Center

39155 Liberty St., Fremont, CA
(510) 574-2000

Workshop / Support Group Calendar

TEEN TALK - Make It Work!!

Effective communication for parents of teenagers. Workshop for parents of pre-teens and teens. Includes discussions of communication traps, communication tips, understanding your teen's developmental changes, and how to adapt your parenting style as your teen matures.

When: Thursday, 10/17/02, 6:30 p.m.-8:30 p.m.
Where: Pacific Room - Suite H800
Contact: Workshop Infoline (510) 574-2122

TEEN TALK II - Staying Connected

A follow up to Teen Talk, exploring the effect of the media on teens and families, balancing family life with the teen's peer group, and the foundation for effective discipline.

When: Thursday, 12/5/02, 6:30 p.m.-8:30 p.m.
Where: Pacific Room - Suite H800
Contact: Workshop Infoline (510) 574-2122

CalJobs Resume Workshop

Learn how to input your resume into CalJobs!

When: Tuesdays, 3:00 p.m.-4:30 p.m.
Thursdays, 1:30 p.m.-3:00 p.m.
Where: Tri-Cities One-Stop Career Center
Suite B200
Contact: Sign up at the Information Desk
(510) 794-3669

S.A.V.E. Domestic Violence Support Group

Drop in support group for women impacted by domestic violence.

When: Tuesdays & Thursdays, 7:00-9:00 p.m.
Where: Shelter Against Violent Environments,
(S.A.V.E.) Suite C310
Contact: Brenda Farrell-Thomas, MFT
(510) 574-2253
Hot Line #: (510) 794-6055

How to Coach Your A.D.D. Teen

Has your teen been diagnosed with Attention Deficit Disorder (A.D.D.)? Then you may be interested in learning about the COACH APPROACH presented by Francena T. Hancock, PhD.

When: First 3 Mondays of each month from
7:30-9:00 p.m.
Where: FRC, Pacific Room, Suite H800
Contact: Workshop Infoline (510) 574-2122

Parent Project

A series of 12 group sessions for parents of out-of-control teens that focuses on teaching effective ways to discipline, reduce conflicts and arguing, and improve the parent-child relationship.

When: Tuesdays, 9/24-12/10/02, 6:30-9:30 p.m.
Where: FRC, Millennium Room
Contact: Workshop Infoline (510) 574-2122

Child care available on-site with advance reservations.
Please ask for information when you register.

Listening to Children

Communication Building Blocks for Parents of Elementary School-aged children. Learn how to listen to and communicate with your child in ways that Raise Self Esteem, Encourage Cooperation, Reduce Misbehavior, Help Deal with Feelings, and Create a Better Relationship Between You and Your Child.

When: Thursday, 11/7/02, 6:30 p.m.-8:30 p.m.
Where: Pacific Room - Suite H800
Contact: Workshop Infoline (510) 574-2122

Jump Start Your Work Search

When: Tuesdays, 9:30 a.m.-1:00 p.m.
Where: Tri-Cities One-Stop Career Center
Suite B200
Contact: Information Desk (510) 794-3669

Job Club/ProNet

When: Fridays, 10:00 a.m.-11:00 a.m.
Where: Tri-Cities One-Stop Career Center
Suite B200
Contact: Information Desk (510) 794-3669

Basic Internet for Job Seekers

Learn how to use the Internet to help you with your job search!

When: Mondays, 8:30 a.m.-10:00 a.m.
Where: Tri-Cities One-Stop Career Center
Suite B200
Contact: Information Desk
(510) 794-3669

S.A.V.E. Temporary Restraining Order Clinics Workshop

Assistance is provided to victims of domestic violence with the completion of temporary restraining orders and declarations.

When: Thursdays, 5:00-7:00 p.m.
Where: S.A.V.E. Center, Suite C310
Contact: Brenda Farrell-Thomas, MFT
(510) 574-2253
Hot Line #: (510) 794-6055

Kid's Turn

A workshop for families experiencing separation or divorce. The workshops are for children ages 4-14 and their parents. Children meet in different groups based on their age and there are two parent groups so that ex-spouses are not in the same group. Children learn about feelings, legal concepts related to divorce and problem solving methods. Parents learn how to help their children and ways to communicate with children and co-parents. The workshops are co-sponsored by Kids' Turn, a San Francisco non-profit organization, and the City of Fremont's Youth and Family Services.

When: Saturdays, 9/21-10/26/02,
10:00-11:30 a.m.
Contact: Tom Dieter (415) 437-0700 or
(510) 835-8445

Parents of Challenging Kids Support Group

This support group for Parents of Challenging Kids meets on the 2nd and 4th Tuesday of every month from 7:00-8:30 p.m. at Youth & Family Services, Suite E500 at the FRC. All meetings except Guest Speaker meetings will begin with a 15-30 minute guided educational discussion on the selected topic, then become an Open Forum for support and sharing. Please call our Workshop Line for more information (including topic confirmation) at (510) 574-2122.

Calendar of Topics for Fall Session: (subject to change)

Tuesday, September 10, 2002:

Guest Speaker from CASE
Community Alliance for Special Education

Tuesday, September 24, 2002:

Back to School: School Issues

Tuesday, October 8, 2002:

Assessment & Diagnosis: Figuring Out What's Going On

Tuesday, October 22, 2002:

Guest Speaker: Marie Lehn, R.N., "Cool Ways to Chill Out"
Stress Reduction for Parents

Tuesday, November 12, 2002:

Helping Your Child Become More Organized

Tuesday, November 26, 2002:

Guest Speaker: Alice Hanlon, MS, BA, CNC
Nutrition Consultant
Alternative Treatments

Tuesday, December 10, 2002:

Better Holidays with Challenging Children

Tuesday, December 24, 2002: NO MEETING

Resume Workshop

Find out about the different types of resumes, how to write a cover letter, and receive resources that will assist you in preparing your own resume!

When: Wednesdays, 1:00-3:00 p.m.
Where: Tri-Cities One-Stop Career Center
Suite B200
Contact: Sign up at the Information Desk
(510) 794-3669

Tri-Cities One-Stop Career Center also offers:

Training Resource Orientation: Information about California Training Benefits, every Wednesday, 10:00 a.m.-11:00 a.m.

One-Stop Orientation: Overview of all programs, Thursday, 9:00 a.m.-10:00 a.m.

ProNet Orientation: Mondays, 9:00 a.m.-9:30 a.m.

SIGN-UP INFORMATION, CALL (510) 794-3911.

Youth Opportunity, Employment & Leadership Program (YOELP)

The Youth Opportunity, Employment & Leadership Program offers work opportunity information and various job-related workshops

For information please call: (510) 574-2220

Family Resource Center - Workshop
Information Line: (510) 574-2002

Youth and Family Services -Workshop
Information Line: (510) 574-2122